Nourish at a glance

Nourish is a food system literacy initiative of WorldLink, a California nonprofit organization. Since 2009 it has helped educators, families, and communities understand the story of their food, from seed to table and back to the soil, and act on what they learn.

OUR APPROACH

Food system literacy is the ability to read the story behind every meal (how food is grown, moved, and shared) and to help write what happens next.

Nourish connects what we eat to biodiversity, climate, public health, and social justice. Its lessons build systems thinking and civic action, and its films and stories show people already making change.

WHY IT MATTERS TO EDUCATORS

- **Free and ready to teach:** peer-reviewed lessons for grades 4 to 8, free to download.
- **Interdisciplinary and standards-aligned:** used in science, English, social studies, and health classes, and mapped to NGSS, Common Core, C3, and NHES.
- **Flexible:** a single class period, a week, or a full unit, with a Classroom Guide to plan it.

WHY IT MATTERS TO COMMUNITIES

- Discussion guides with questions for all 52 short films and every segment of *Nourish: Food + Community*.
- Six action themes that start this week: Buy Better, Grow Something, Waste Less, Eat for Change, Create Community, and Take a Stand.
- Stories of Nourish in action, from a school farm network in Nigeria to a Montessori classroom in Dallas.

WHAT YOU'LL FIND AT NOURISHLIFE.ORG

Videos. Fifty-two short films of one to four minutes each, free to watch: an encyclopedia of food system issues, with voices such as Michael Pollan, Alice Waters, Anna Lappé, and Bryant Terry.

Teach. Fourteen lessons in two grade bands, a Scope and Sequence from kindergarten to graduation, a Standards Map, a Visual Glossary, and guides to the films and the classroom.

Explore. A Food System Map of twenty-five topics, four quizzes, eight exhibits, conversations with farmers, chefs, doctors, and researchers, and Food as Art, a photography gallery.

Act. Practical steps, real stories, and a guide to sharing Nourish with others.

NEW IN THE NOURISH STORE

- **Nourish Games:** five browser games for classrooms and families, from mealtime conversation cards to a supermarket scavenger hunt. Table Talk is free.
- **Streaming:** *Nourish: Food + Community*, the award-winning 26-minute PBS special hosted by Cameron Diaz, for classrooms and communities, with a Discussion Guide.

WHO WE WORK WITH

Collaborators across education, health, agriculture, and community, including the Center for Ecoliteracy, The Edible Schoolyard Project, the National Farm to School Network, and the Real Organic Project. This website was built with generous support from the Cisco Foundation.

nourish

FACT SHEET

Nourish by the numbers

Here is what educators, families, and communities find at nourishlife.org, free to explore.

235	52	14	100+
pages	short films	peer-reviewed lessons	ready-to-use lesson files

TEACH

- **14** lessons in two units, Grades 4–5 and 6–8 (ages 9 to 14)
- **42** printable PDFs: a Teacher Guide, slide deck, and Student Pages for every lesson
- **47** Google Docs and Slides that teachers can copy and edit
- **30** one-click ZIP downloads, by lesson and by unit
- **48** terms in the Visual Glossary
- **4** guides for the classroom, the films, and sharing Nourish, plus a Standards Map and a Scope and Sequence

VIDEOS

- **52** short films, most under three minutes, with Michael Pollan, Alice Waters, Anna Lappé, Bryant Terry, and more

ACROSS THE SITE

- **800+** unique photographs

EXPLORE

- **1** Food System Map: 5 systems, 25 topics, and 258 “Go deeper” links
- **8** interactive exhibits with 57 narrated audio clips
- **4** quizzes, about four minutes each
- **38** Perspectives conversations with farmers, cooks, doctors, and organizers
- **26** Food as Art photographs

ACT

- **6** action themes, from Buy Better to Take a Stand, and 90 action steps
- **24** Nourish in Action stories from 5 countries: the United States, Canada, Japan, Taiwan, and Nigeria

STORE

- **5** Nourish Games for classrooms and families; Table Talk is free
- **1** award-winning PBS special, *Nourish: Food + Community* (26 minutes), for classrooms and communities